

Far Surpasses The Average Teas

# "SALADA" TEA

"Fresh from the Gardens"

## Dorothy Dix Letter Box

(Continued from pPage 8)

For a woman's morals are not just her own individual affair. She is the guardian of the race, and when she pulls it down to mere animalism we all go back with her into the depths out of which we have climbed through so many hard centuries.

So here's wishing you and all other men who demand decency of women luck. For men are their sisters' keepers.

DOROTHY DIX.

Dear Miss Dix—I am a married man and the father of a girl of 15 and a boy of 13. My business necessitates my being away from home a great deal of time. A few days ago I came home unexpectedly and found the children in the house alone. Their mother had gone off with another man and had been absent for several days. I found out that she was in the habit of doing this and I don't know what to do, as it is not right that he children should be left with no one to look after them. Evidently my wife has lost all of her mother love and has ceased to care for me. What should I do?

BROKEN-HEARTED FATHER AND HUSBAND.

Answer: Your children are at the most dangerous time of their lives and it is imperative that they should be protected and guarded. This is particularly necessary for the girl, for at 15 she is just beginning to feel the stir of adolescence, and if she is left alone there is no telling what harm will come to her.

She will run wild and is likely to make all sorts of dangerous acquaintances. She is bound to be thrown with undesirable people, because a mother's conduct reflects on her daughter, and careful mothers will not want their girls to associate with a girl whose mother is leading an openly immoral life.

If you can possibly afford it, send the girl off to some good, strict boarding school far away from home. They boy also would be better off in a school. If you cannot do this, perhaps you have some relative who would take them and care for them. If even this plan fails, the best you can do is to hire some woman to take their mother's place and at least give the children a woman's care and protection.

It is a terrible thing that there is a woman who is so dead to all sense of her duty as a mother as to be willing to forsake her children just when they need her most. If her infatuation for the man is so great that she cannot resist it and must needs go to him, she might at least have provided some one to look after her children while she was off on her amorous excursions.

Mother love is the last good thing that dies in a woman's heart. Let us thank God that this crime is still so rare that we can be shocked at it.

DOROTHY DIX.

Dear Dorothy Dix—I am a girl, 17 years old, in high school and am in love with a widower, who wants me to marry him. He has a family of three children. Will you please advise me what to do?

UNDECIDED SCHOOLGIRL.

Answer: For Heaven's sake, don't. Don't do it if you value your own happiness or the man's happiness or the happiness of the three poor little children. A schoolgirl of 17 is too young to marry anybody. She is too young to have anything but a passing fancy for any man, or to know what she wants in a husband when she gets grown up. She hasn't had any girlhood and she isn't ready to settle down.

And if she marries, there are ninety-nine chances out of a hundred that she will bitterly regret it and want a divorce by the time she is 22. So she ruins her life because she isn't fitted to be a wife. She wants to run around and have a good time instead of being a frisking companion and a good cook.

At 17 no girl is fitted to be a stepmother. She is a child herself and she is sure to quarrel with her stepchildren, and that means misery all the way round. When God sends a woman a baby of her own He sends with it the love and the patience that enable her to deal with it in wisdom and tenderness. But these don't come with stepchildren, and there is no job harder on earth than to have to take care of children that you don't love.

Don't marry a widower, little schoolgirl. Wait until you are grown before you marry anybody, and then marry a nice young chap who will not present you with a ready-made family.

DOROTHY DIX.

### WHAT THE PEOPLE MAY KNOW

(A column of interest to all recording accepted facts and worthy opinions regarding the place of alcoholic beverages in modern life; as well as news of the progress of the campaign for a "dry" world.)

(Sponsored by the Grand Division, Sons of Temperance P. E. I.)

Most of us know what it is to have what we call "Don't-feelings,"—feelings that tell us that we cannot or that we better not do certain things. These "Don't-feelings" are called by the psychologists, "Inhibitions" and they are very useful to us. Sometimes they tell us, "Be careful, don't try to cross the track ahead of the train." "Don't break the rules of the road when driving an automobile." "Don't drive so fast." "Don't go on thin ice," and lots of other things that we might think of doing, but had better not do. So these "Don't-feelings" keep us from being reckless and many a time they keep us out of accidents.

Again, these "Don't-feelings" often hold us back from doing things that are improper, things we would be sorry for if we did them. Thus they help boys and girls, and young men and women to act towards one another in a way that will not afterwards bring regret.

Then again there are these same "Don't-feelings" that make us shy and quiet. Sometimes this is good and sometimes bad. But if we are among wise people these feelings hold us back from talking as if we knew it all. If we are among ladies and gentlemen, these inhibitions keep us from silly or vulgar talk.

Now the first effect of alcohol is to put these "Don't-feelings" to sleep so that they no longer help to guide our conduct. Long before a person has taken enough alcohol to make him drunk, even long before he or she has had enough to make the legs unsteady or the eyes double visioned, even a little alcohol in the blood goes first of all to the part of the brain where these "Don't-feelings" have their home and puts them to sleep. That is why a person who has had even only a little liquor is so much more apt to have an accident in driving a car for example. The inhibitions that make him careful are asleep and without realizing it he becomes rash,—taking chances where there is danger. He may be able to walk quite steadily, but his normal judgment has disappeared for the time.

In the same way even a little alcohol will put to sleep the "Don't-feelings" that regulate proper conduct between men and women, and many a young person under the influence of just a little liquor has acted or allowed others to act in a way that brings shame when normal judgment has returned.

This explains also why fellows with a little drink in them, talk so freely. Their shyness has gone and they think for the time that they are fine fellows,—quite clever, while those who hear them know that they are only making themselves ridiculous. Under these conditions, too, many a person has talked too much, giving away secrets he should have kept to himself.

### Drum Beats In Vain For Woman

NIGERIAN MAN LOSES WIFE THROUGH BEING STINGY—HUSBANDS BEWARE

It was a dull stuffy day at the beginning of the rains, and I was beginning to wonder if we would ever get to the town called Pirpum. The men were tired, my pony was tired, his rider was sore and in a badish temper, related Captain J. F. J. Fitzpatrick, formerly Political officer in Nigeria.

The path wriggled along, up and down, at the foot of a range of tall rocky hills; the going was atrocious; we'd been on the move some seven hours; there wasn't a sign of that condemned town called Pirpum; so, not one of our good days! Jogging thus sulkily onward there came to us all suddenly a most miserable sounding wail, or howl from afar off, faintly it came; continued for awhile, then stopped; was followed by a very melancholy tapping upon a drum. Pause, then wall, then more drum. And nobody to be seen. The little column halted, and presently we found a man at the back who said he knew what the noise was.

So he was brought forward, and proved to be an all but naked savage who said he had joined himself on a day or two before, meaning to go forth with us and see the world and get money. He said his name was Dandep, and hoped he wouldn't be driven away, as he was very honest, strong, and good with horses.

Dandep asked for silence, and set to listening. In a few minutes

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"BROWN-BETTY" TEA  
has won outstanding approval.  
Real satisfaction at a modest price.

**35¢ PER POUND**



From the House of KING COLE

### COLOR SCHEMES

There is nothing so enlivening as to change the color scheme in a bedroom or living room. The curtains play the biggest part. Dip them another tone, and along with them, change the color of the electric light globes inside your lamps. Don't go berserk, however. Only make changes that are compatible with your rugs, furniture coverings and walls. Usually any room could have accessories in any of two or three colors. Changing the choice changes the appearance of the whole.

he read off the wall-tap noise. Rather surprising, his interpretation. The doer or maker of the row was a man of the name of Ungwale, and he had lost his wife, she having resigned her position and departed for an unknown destination by stealth and without warning.

Saddened by this, Mr. Ungwale with drum complete, had taken to parading the hill tops, calling out loudly that he liked her very much, had never meant to be stingy over money, or to thwart her in anything, or to hurt her in any way, and that if she would come home all would be forgiven. He further confessed that he alone was to blame for everything and begged forgiveness. Abject, the man was.

I remember saying to Awudu that the wife was hardly to be chided for removing herself from the neighborhood of a person who made such nasty noises as did her husband, though, on the other hand, it was clearly the duty of good citizens to round the lady up and take her back, quickly and so stop the said noises.

We proceeded on our way. The wailing and drum tapping accompanied us; got on the nerves, rather. Putting my glasses on to the sky-line I presently spotted the deserted husband. He must have been a mile away, capering along parallel to us, so that he and the row came with us to Pirpum. I may say that the lady didn't come back, having established herself in a more comfortable situation where the food was better, the pocket money more plentiful, and the chores less onerous.



### COMFORT for COLICKY BABIES

... THROUGH CASTORIA'S GENTLE REGULATION

The best way to prevent colic, doctors say, is to avoid gas in stomach and bowels by keeping the entire intestinal tract open, free from waste. But remember this: a tiny baby's tender little organs cannot stand harsh treatment. They must be gently urged. This is just the time Castoria can help most. Castoria, you know, is made specially for babies and children. It is a pure vegetable preparation, perfectly harmless. It contains no harsh drugs, no narcotics. For years it has helped mothers, babies, and children suffering with digestive upsets, colic and fever. Keep genuine Castoria on hand, with the name:

Wm. L. Fletcher  
**CASTORIA**  
CHILDREN CRY FOR IT

### Need For Sleep

PERSONS POSSESS DIFFERENT 'GAITS' AND SOME REQUIRE LONGER HOURS, DOCTOR SAYS

Some persons sleep "fast" and others sleep "slow," because each human body has its "own best gait and is governed accordingly," Dr. Edward H. Green, of the Veterans' Administration Hospital at Legion, Tex., writes in an article in the current issue of the Administration's "Medical Bulletin."

"A given number of hours of sleep," he explains, "is not a prime necessity to the healthy individual, but is very important and essential to the welfare of growing children and invalids." The following additional information was made available in Dr. Green's article:

Webster defines sleep as "a natural and healthy, but temporary, periodical diminution of sensation, feeling, and thought, amounting in heavy slumber to almost complete cessation of conscious life."

### Functions of Sleep

The physiology of sleep apparently remains one of those unsolved and perhaps unsolvable mysteries which in fact envelops all of the great fundamental processes of life, human, animal, and vegetable. The real nature and causation of these elude us, while we are only able to observe their resultant phenomena. Some scientists have advanced the theory that "sleep is somewhat of a mechanical function which we include in a motor—the food represents the fuel, and, according to its mixture and its quality, the human engine functions and the liquids that we drink act as lubricants.

As for sleep, there is no definite proof that all humans require the same amount of sleep as a prime necessity any more than a motor must have a rest for a given space of time following a long period of action. No argument is needed to prove that some persons can do with less sleep than others, so some of our greatest and most brilliant men take and appear to require only short periods of sleep. Edison and Napoleon seemed able to perfectly eliminate what toxins were found in their bodies on from four to five hours' sleep. Still others will spend from 10 to 12 hours in bed and arise feeling very tired and still sleepy.

This appears to lead to the belief that it is the character of the sleep more than the number of hours that gives the best results from mental fatigue. It appears to be the consensus of opinion that any engine runs more smoothly and better after a period of rest, allowing the molecules which compose the various metals to relax as it were.

The same results are obtained in the human body by relaxation, even though the degree varies with each individual, some apparently requiring more than others. A given number of hours' sleep is not a prime necessity to the healthy individual, but is very important and essential to the welfare of growing children and invalids.

Plenty of good, nourishing food and water, together with well-regulated exercise, is essential to the maintenance of a sound body and the production of restful, sound sleep. Yet, in many individuals, the human motor runs along apparently smoothly over long periods of time if the ignition can be turned off now and then even for a few minutes' relaxation and a short sleep. Long hours passed in a somnolent state, unless attributable to pathological conditions, are largely due to a state of physical lethargy or acquired habit and are prejudicial to good health.

### March Month Where We Get A Bit "Fed Up"

WHICH MEANS EXACTLY THE OPPOSITE, AND SO WE FUSS UP

This is the time of year when we feel that vegetables are more important than ever—our systems cry out for them, and at the same time our palates may be a bit rebellious at the appearance and re-appearance of the same old Winter faithfuls. The roots and tubers and the canned vegetables deserve our best treatment, however—they carry on for us so well the year round. And so we like to be on the alert for new little turns to give to them, to avoid the dangers of bored appetites in connection with this vastly important part of the daily diet.

This little group of dishes may prove to be a problem solver for some of our Table Talkers, at least we hope so.

**Peas in Casserole**  
Cut 8 slices of bacon into small pieces, and fry crisp. Mix together 2 cups canned peas, 1 cup milk, salt and pepper to taste, stir in the bacon, then pour all into a buttered baking dish, cover with bread crumbs, dot with butter and bake 20 minutes in hot oven. Serve at once.

**Potato Balls**  
Take 3 cups warm mashed potatoes, 2 well beaten eggs, half cup rich milk, salt and pepper, 2 finely minced onions. Beat all until very light, roll in balls, place in greased baking pan, and brown lightly in hot oven. Half cup grated cheese may be added if desired.

**Escalloped Corn**  
Take 2 cups rolled cracker crumbs, one-third cup melted butter, 1 teaspoon salt, dash of pepper, 1 well beaten egg, 2 cups corn, 1 cup milk. Mix crumbs and butter add other ingredients as given, stir and pour in a buttered baking dish. Bake in moderate oven for 30 minutes. Serve as a dinner vegetable or as supper dish.

**Spinach Leaf**  
Take 2 cups cooked spinach, 1-2 cups bread crumbs, 2 eggs, 1 teaspoon chopped onion, 1 teaspoon salt, quarter teaspoon pepper, three quarter cup milk, three quarter cup water. Chop spinach very fine, add crumbs, well beaten eggs, seasonings and milk. Put in buttered baking dish or casserole, place in a larger dish of hot water and bake in a moderate oven until firm.

### Beauty Masks

OLDEST KNOWN BEAUTIFIERS ARE REALLY NEEDED TODAY

Modern specialists recommend beauty masks for modern ladies' faces.

As a matter of fact, the oldest beauty remedies known are beauty masks. They, like many of the masks of today, were compounded of herbs, oils and clay.

No ancient beauty, however, possibly could need the refreshing aid of a beauty mask the way the hectic modern woman does.

If you are going somewhere and want to look top-notch, try out this type of beauty aid.

You can buy masks all ready to apply, with directions. Or you can make your own, which takes more time and trouble but likewise has more interest for you.

The simplest mask you can concoct is the egg face mask. Break the freshest egg you can get, separate the white and yolk, beat the white up slightly and apply it thickly all over the face and neck, using upward strokes. A little brush is the best thing to apply it with. If you have some white of egg left, give your face a second coat when the first one dries.

Now use your brush and paint your face and neck with the yolk of egg. Lie down the minute this is applied and go to sleep for an hour, or rest for an hour, whether you sleep or not.

At the end of that time take a soft piece of linen or wash cloth, dip it in water that is almost hot, and sponge it off. Slap on some of your most fragrant and rich nourishing cream and go over your face and neck with it. When you wipe that off, you are ready to face the world with a light heart. For your face will be so refreshed you just can't help feeling happy to see yourself looking so well.

Lacquer trays which have lost their gloss can regain it if washed thoroughly in warm water to which a little lemon juice has been added. Rub afterwards with a dry flannel and allow to dry out of doors or in a warm place. Polish with a chamol leather.

# Moirs

## WEEK END SPECIAL

### FIGLETS

IN TWO POUND BOXES

Regular 16c. lb.

# SPECIAL 2lbs. 25¢

On Sale  
FRIDAY and SATURDAY at

Lester B. Mellish  
Montague, P. E. I.

## XXX CHOCOLATES

The Quality Line

### Just a Suggestion Of Eye-Shadow

There is a magic in eye shadow and if you don't believe it, try it the next time you are going out in the evening.

Probably your escort won't know what it is that makes you look so bewitching, but the chances are that they will explain admiringly over how grand you are looking. What more can you ask?

There is a new evening eye shadow on the market that has a daring glamor about it because it has a metallic finish and therefore is somewhat exotic looking.

The very idea of touching up the eyelids a bit of color that has a gold or silver gleam is intriguing, if nothing else. For the average woman, the plain, colored cream is more successful, for if you are going to gleam you must be consistent and have gleaming hair and an exquisitely groomed appearance in general. However, a little experimenting has a stimulating effect and you never can tell when you will turn out positively beautiful!

If you never have used eye shadow, do try it. Any beauty parlor or cosmetics department of any high class store will advise you on shades that will become you. Blue is excellent for many blonds, but if you have brown eyes, try the green-

### BONSHAW WOMEN'S INSTITUTE

The monthly meeting of the Bonshaw W. I. met at the home of Mrs. S. T. Beaton on February 17th with an attendance of 17 members and three visitors. Meeting opened with Ode, followed by Creed. Roll Call was answered with a Valentine verse. Minutes of last meeting were read and approved. The sick and school committees brought in their reports. A new entertainment committee was appointed. It was decided by vote to give \$100.00 to Provincial Sanatorium. It was moved and seconded that a committee be appointed to make arrangements for a measuring party in the near future. The entertainment for the evening was an Irish reading. Meeting closed with Institute Carol, after which lunch was served by the hostess, Mrs. J. W. Bryce invited the members to her home for the March meeting. Roll Call answer—a cup or the price of one.

ish hues. If you are a brunette, sometimes you will want the purple eye shadow and sometimes the blue, depending on what tone your skin is.

Eye shadow should go on after you are rouged and powdered, after you have brushed your eyebrows and eyelashes and just before you finish off with lipstick.

# NEURALGIA

THE agonizing aches from neuralgia can be quieted in the same way you would end a headache. Take some Aspirin tablets. Take enough to bring complete relief. Aspirin can't hurt anybody.

Men and women bent with rheumatism will find the same wonderful comfort in these tablets. They aren't just for headaches or colds! Read the proven directions covering a dozen other uses; neuritis, sciatica, lumbago; muscular pains.

Cold, damp days which penetrate to the very bones have lost their terror for those who carry Aspirin tablets with them! All drug stores, in the familiar little box:




## WHEN FOOD SOURS

For Troubles due to Acid INDIGESTION SORE STOMACH HEARTBURN CONSTIPATION GAS, NAUSEA

ABOUT two hours after eating many people suffer from sour stomach. They call it indigestion. It means that the stomach nerves have been over-stimulated. There is excess acid. The way to correct it is with an alkali, which neutralizes many times its volume in acid.

The right way is Phillips' Milk of Magnesia—just a tasteless liquid; pleasant, efficient and harmless. But it kills excess acids, and has remained the standard with the doctors for more than 50 years.

It is the ideal remedy for constipation, headaches, heartburn, nausea, sick stomach, biliousness. It offers sure relief from the effects of over-indulgence.

It is the quick method. Results come almost instantly. It is the approved method. You will never use another when you know. Be sure to get genuine Phillips' Milk of Magnesia, used by physicians for over fifty years in correcting excess acid, 50¢ bottles sold at all drug stores in the Dominion.

**To Keep Teeth White**  
Phillips' Milk of Magnesia as a mouthwash in conjunction with Phillips' Dental Magnesia, a superior tooth-paste, offers the best possible protection from all tooth decay. It neutralizes mouth acids, which eat through the tooth enamel. Your dentist will tell you he knows of nothing better for keeping the teeth and mouth in a fine, healthy condition. (Made in Canada.)